

10/26/18

Hello, everyone!

- I recently received this reprint of an earlier article by Dr. John McDougall. We are happy to share it with you.
- Remember to visit EVEN at www.eugeneveg.org
- You can subscribe to our free email list by replying to this email with SUBSCRIBE in the subject line.
- We have many resources for you. Send your postal address to receive a free veg starter kit, recipes or a goody bag.
- If you have signed up and RSVP'd for EVEN's 14th Annual Vegan Thanksgiving Peaceful Potluck, we look forward to seeing you there!
- Read through to the bottom for more info.

All the best,

Lin 😊

(Continue Reading Below)

This email is being sent to you on behalf of Dr. John McDougall. Please feel free to contact him directly regarding his McDougall programs.



DR. MCDOUGALL'S
HEALTH & MEDICAL CENTER

It's the Food.™



An Inconvenient Truth: We Are Eating Our Planet to Death

Choosing a Plant-food Based Diet Is a Moral Issue

Have you felt helpless as the earth warms? As followers of the McDougall Diet, we have the power to cause hard-fought changes that will slow global warming. And it is not too late. Our success hangs upon whether or not we can convince very large numbers of people to make the morally responsible decision to follow a plant-food based diet. You and I, who already live on oatmeal, pasta salads, and bean burritos, have had eating experiences which allow us to see the world differently. Our friends, family, and co-workers haven't a clue—they cannot imagine life without beef steak, fried chicken, and cheese. So, the opportunity is ours to take.

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MORE INFO:

1. Add your own story here: <https://www.vegansmakeadifference.com/stories/>

2. 36 Ways to please lend EVEN a hand - Join, Volunteer or Donate: <https://eugeneveg.org/support.htm>

3. Find more inspiration from 38 different vegan leaders: <https://eugeneveg.org/interviews.htm>

4. Visit EVEN's [2018 Lecture Series](#) on YouTube

4.a. Dr. Alan Goldhamer - [Escaping the Pleasure Trap](#) - Mastering the Hidden Force that Undermines Health and Happiness

4.b. Dr. Orestes Gutierrez - [5 Universal Principles of Veganism](#)

4.c. Dr. Joanne Kong - [The Power of Veganism](#)

5. Contact EVEN to subscribe, volunteer, apply for a job, or offer your services: eugvegedunet@comcast.net

Thank you!

Lin

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Eugene Veg Education Network

---EVEN - serving as a vegan resource since 2005---

Check Out [EVEN's News Blog](#) for hundreds of valuable, vegan morsels.

The Eugene Veg Education Network (EVEN) is a 501(c)(3) non-profit serving as a resource for those seeking information on a **healthful, vegan lifestyle**. EVEN's emphasis is one of **non-violence, compassion and sustainability**. Focus is on the **interconnectedness of all life** and how a plant-based diet benefits the earth, non-human animals, and the individual. EVEN's [Mission Statement](#) is **to inform, educate & encourage our members**--- as well as the larger community ---by providing information on veganism and its positive impact on the health of the planet and all its inhabitants. www.eugeneveg.org **Peace.**